

## Bike to Work, Skip the Traffic, May 19



Join thousands of Bay Area commuters as they get some fresh air and exercise, avoid

high gas prices and coast past traffic gridlock while biking to work or to BART on "Bike to Work Day" Thursday, May 19.

Register for Bike to Work Day at [www.511.org/btwd](http://www.511.org/btwd) and you'll be entered to win fabulous bike-related prizes!

More than 150 "Energizer Stations" will be set up throughout the Bay Area on the

morning of May 19 to provide free refreshments to bicyclists.

The following BART stations are scheduled as Energizer Stations: Pleasant Hill, Concord, El Cerrito Plaza, Pittsburg/Bay Point, Fruitvale, MacArthur, Dublin/Pleasanton, Downtown Berkeley, North Berkeley, Embarcadero and Millbrae.

Bike to one of the BART Energizer Stations listed above and receive a free "Bike to BART" t-shirt while supplies last!

Visit [511.org](http://511.org) for Energizer Station locations and hours of operation.

### BART Bike Rules



For a complete description of rules regarding bikes on BART, pick up a "BART Basics Guide" or visit the "Bicycle Access" section of [bart.gov](http://bart.gov). The following is a brief overview of some of BART's bike rules.

Bikes are allowed on all trains except those trains shown in highlighted areas of the "BART Fares and Schedules" brochure.

- Bikes are never allowed on crowded cars.
- Bikes are allowed in any car but the first car of a train.
- Bicyclists must use elevators or stairs, not escalators, and always walk bikes.
- In case of an evacuation, leave your bike on the train and do not let it block aisles or doors.
- Bicyclists under 14 years old must be accompanied by an adult.
- Bikes must be parked in racks and lockers. Bikes parked against poles, fences or railings will be removed. Call 510/464-7133 for locker availability.

## Park Your Bicycle at a BART Bike Station

*Take advantage of free, secure bike parking at three BART stations.*

### • Berkeley Bike Station



Located on the south end of the concourse level, attendants will store your bike in a secure area while you work,

play or shop on BART. The Berkeley Bike Station has expanded its hours and is now open weekdays 7 a.m. to 9 p.m. (closed weekends and holidays). For more information call the Bike Station at 510/548-7433.

### • Embarcadero BART Station

Located on the concourse level of the Embarcadero BART station in downtown San Francisco directly below Market Street near the Davis Street entrance.

The station is attended during the weekday rush hours (7:30 a.m. - 9:30 a.m. and 3 a.m. - 7 p.m.). Parking and pick-up of bicycles during the staffed hours is free!

For additional information, please call 415/834-1049 or visit [bikestation.org](http://bikestation.org).

### • Fruitvale Bike Station

The Fruitvale bike station is in Fruitvale Village, adjacent to the Fruitvale BART station in Oakland. It's the second largest bike station in the nation and features free, secure bike storage and a full-service bike repair shop.

Free attendant parking is available from 6 a.m. to 8 p.m. The Fruitvale bike station features more than 230 spaces. For more information, visit [www.fruitvalebikestation.org](http://www.fruitvalebikestation.org) or call 510/536-2220.

## BART to Bay to Breakers



On Sunday, May 15, BART will provide extra service from ALL stations to downtown San Francisco for the 94th annual Bay-to-Breakers footrace.

Special trains will start at about 6:00 a.m., with stations opening approximately forty-five minutes before the departure of the first train. Longer trains throughout the day will get you to the race and home faster than you can say "thirteen-person centipede!"



## Ride BART to the Black & White Ball

Ride in style to the Black & White Ball on Saturday, June 11... take BART!

The Ball attracts over 10,000 party-goers to San Francisco's magnificent Civic Center for an evening of continuous music and entertainment, dancing, food, refreshments, creative attire and venue décor.



Just take BART to Civic Center Station for a night of excitement and glamour. To plan your trip, visit the equally glamorous [www.bart.gov](http://www.bart.gov).

The Ball benefits the San Francisco Symphony's acclaimed education program providing music education for over 60,000 Bay Area students. This year's entertainment roster features Train, Minnie Driver, Violent Femmes and The Village People.

Purchase tickets at the San Francisco Symphony Box Office, Davies Symphony Hall, 201 Van Ness Avenue, or by calling 415/864-6000. For Group Sales discount tickets, call 415/503-5311. For online ticket sales and more information, visit [www.bwball.org](http://www.bwball.org).

## Carnaval Sambas into the City

Take BART to the 16th St. Mission or 24th St. Mission stations for the excitement of Carnaval SF!

The 2005 Festival will take place on Saturday, May 28, and Sunday, May 29, with the floats, music and lavish costumes of Carnaval's Grand Parade on the 29th beginning at 9:30 a.m. For more info, visit [carnavalsf.com](http://carnavalsf.com).



Loeco Bloco



John N. Leo

## GOOD TIMES

### 22nd Annual Himalayan Fair

Live Oak Park, 1300 Shattuck Ave., Berkeley  
[www.himalayanfair.net](http://www.himalayanfair.net) or 510/869-3995

**BART: North Berkeley; free shuttle to event**

**Saturday, May 21, 10 a.m.-7 p.m., and Sunday, May 22, 10 a.m.-5:30 p.m.:** Experience Himalayan arts, antiques, crafts, entertainment and food at this outdoor celebration of the great mountain cultures of Tibet, Nepal, India, Afghanistan, Pakistan and Mongolia. Entry \$8, or \$15 couple, \$20 trio; free for children under 12. The event benefits grassroots humanitarian causes in the Himalayas. Wheelchair assistance and facilities.

### 94th Annual Bay-to-Breakers

The Embarcadero to the Pacific Ocean  
San Francisco

[www.baytobreakers.com](http://www.baytobreakers.com), 415/359-2800

**BART: Embarcadero**

**Sunday, May 15:** Happy hordes of wildly costumed runners – along with serious athletes – stampede along the 7.46-mile course in this legendary event. Join them by registering online through May 12. Late registration is available Friday, May 13 (11 a.m.-7 p.m.), and Saturday, May 14 (9 a.m.-7 p.m.), only in person at the Greater Body Expo at San Francisco's Bill Graham Civic Auditorium, at BART's Civic Center station.

### Smuin Ballet's "Frankie and Johnny"

Yerba Buena Center for the Arts Theater Building  
700 Howard St., San Francisco

Tickets: 415/978-2787. [www.smuinballet.org](http://www.smuinballet.org)

**BART: Powell or Montgomery**

**May 6-15:** Along with Michael Smuin's sumptuous mambo ballet "Frankie and Johnny" and its tale of romance, vengeance and tragedy, the program includes the West Coast premiere of Eliot Feld's "Pacific Dances."

### Bebe Neuwirth in "Here Lies Jenny"

Post Street Theatre, 450 Post St., San Francisco  
[www.ticketmaster.com](http://www.ticketmaster.com) or 415/771-6900

**BART: Powell, 5-block walk.**

**May 1-25:**

New York's smash hit features the music of Kurt Weill and showcases Neuwirth, winner of Emmy and Tony awards. Jenny stumbles into a dockside gin joint and confronts the romantic pulse of her poignant, funny and turbulent existence.



### El Splinter Esplendido: Ted Williams

Oakland Museum of California

10th and Oak streets

[www.museumca.org](http://www.museumca.org) or 510/238-2200

**BART: Lake Merritt**

**May 14 through 2005:** The exhibition examines the baseball great's early life, his career and his Latino heritage, a longtime virtual secret to fans and sportswriters.

### Call and Response: The Artwork of Jenny Bloomfield and Mel Lyons

OMCA off-site exhibition

Gallery 555, 555 12th St. at Clay, Oakland

[www.museumca.org](http://www.museumca.org) or 510/238-6836

**BART: 12th Street**

**Through May 31:** Bloomfield's vibrant oil paintings and Lyons' elegant sculptural forms evoke the sense of responsiveness in the works created by the two artists in shared studios over several years. Presented off-site by the Oakland Museum of California.

## Family fun at Concord KidFest

It's KidFest time again this Memorial Day weekend, May 28-30, at Todos Santos Plaza in downtown Concord, right near BART's Concord Station.

This year's 16th annual KidFest features special guest Dora the Explorer from Nickelodeon. Tickets are only \$5 per person, but bring a can of food for the Contra Costa Food Bank and it's only \$4. Kids under 2 and

Seniors 65 and over are free. Admission includes entertainment on four stages and activities including a petting zoo, carnival games, face painting, balloons, art activities, inflatables, and more!

For more information or directions, call the KidFest Hotline at 925/671-3287. KidFest is open 11 a.m. to 6 p.m. each day.

